

kansas state collegian

Did you eat a good breakfast?
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to start your day.

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tuesday, april 3, 2012

vol. 117 | no. 126



Tomorrow:
High: 62 F
Low: 45 F



Thursday:
High: 59 F
Low: 43 F

04

Cutting calories
Candy company Mars Inc. is
no longer selling chocolate
with more than 250 calories.

05

Agree to disagree
Sports editor Kelly McHugh
stands up for Manhattan,
K-State.



Speak up
Go to kstatecollegian.com to
vote in this week's poll about
Kansas voting laws.

UNITED FRONT

Students march, sing hymns in support of Trayvon Martin



Abbey Briscoe | Collegian

Pat Bosco, vice president for student life and dean of students, joined students and members of the community for the rally held in memory of **Trayvon Martin** at Bosco Student Plaza on Monday.

A rally for **Trayvon Martin** hosted by Beta Sigma Chi Christian sorority awaited students at the end of the march on Monday at Bosco Student Plaza. **Caysha Williams**, junior in sociology and leadership studies welcomes students, staff and community members and thanks them for their support.

Christian sorority leads march from West Hall to Bosco Student Plaza

Haley Rose
staff writer

Regardless of race, background, language or hometown, a group of about 40 K-State students and supporters came together on Monday night to march across campus in response to the tragedy that

took the life of 17-year-old Trayvon Martin in February.

Culminating in a gathering in Bosco Student Plaza, the march, organized by the Beta Sigma Chi Christian sorority, was focused on promoting peace and unity across the campus and across Manhattan, said Dominique Brookshire, secretary of Beta Sigma Chi and junior in elementary education and leadership studies.

"We're not here to blame, or hurt, or harm, or react," she said. "We want to encourage

people to be better."

The march began with a moment of prayerful silence in remembrance of Martin before striking a path from West Hall to Bosco Student Plaza, while softly singing the song "We Shall Overcome."

"We're not here to blame, or hurt, or harm, or react. We want to encourage people to be better."

Dominique Brookshire
secretary of Beta Sigma Chi and junior in elementary education and leadership studies

"The mood of the group is very chill, relaxed," said Caysha Williams, president of Beta Sigma Chi and junior in sociology and leadership studies. "We recognize that justice does need to be served here, but at the same time, we

as American people and we as K-State people need to be united and seek peace with each other."

Once the group arrived in the plaza, David Jones, community leader of the Ecumenical Campus Ministry, opened the gathering in prayer before Brookshire took to the podium and presented an original poem she had written for the event.

The presentations featured a dance selection from the Black Student Union, a speech from Mayor Jim Sherow and

some encouraging words from Theodis Williams, pastor of the True Holiness Family Church in Topeka and father of Caysha Williams.

"The event went really well," Sherow said. "There is a real concern for justice and equality here, and any form of injustice like [the Trayvon Martin case] I'm concerned about."

Theodis called the students out to not be angry or react out of revenge, but to

MARCH | pg. 8

CITY COMMISSION

Meeting to include public hearing

Jakki Thompson
assistant news editor

The Manhattan City Commission will vote on several different ordinance changes at their meeting tonight.

The commission will vote on a no parking zone along the east side of North 4th Street. They will also vote on a public hearing to consider a resolution to create a benefit district to improve Poyntz Avenue.

City commissioners will also present the first reading of an ordinance to vacate a portion of 9th Street right-of-way and of an ordinance establishing the speed limit on the Moro Street bike boulevard.

The City Commission meeting will take place in the City Commission Room in City Hall at 7 p.m.

Story teller makes stories come to life with vocal nuances

Marisa Love
staff writer

A storyteller wearing a long floral dress and a face ever-changing in expression performed for nearly 70 people Monday evening in the Little Theater in the K-State Student Union. With her Irish brogue rising to a shout, then settling to a hushed whisper, Clare Muireann Murphy told stories from around the world.

Murphy's performance, along with the Irish story concert she gave in the Union Courtyard earlier that day, was part of K-State for All Disability

Awareness Week.

Originally from Ireland, Murphy has travelled the world telling stories professionally since 2006.

"The stories I tell are the ones that jump off the page and into my head or they leap out of another storyteller's mouth and they melt themselves into my ear," Murphy said. "It could be the character, it could be the twist, it could be where it's from, but some part of it will hook into me and I have to tell it."

Murphy told the story of a Palestinian girl with an almost magical touch in the kitchen and of a

poor, clever Irish girl who became the queen. Her long red scarf moved with her as she used her whole body to tell stories about ancient silver chalices, vices and virtues, and death coming from a Scottish Christmas dinner.

"I think the role of a storyteller is to be a shape-shifter. They move between characters, between worlds," said Murphy. "And in some ways, the shawl allows me to shape shift on stage without having a set or a costume."

Murphy said she loves to tell stories and said people loved to listen to

them. She said stories create a sense of wonder in people.

"This wonder, this wide-eyed wonder that we don't have as adults a whole lot - we have it as children - storytelling allows people to access that part of themselves," she said. "I think that's a really lovely thing to be able to share with the world."

Sally Bailey, director of the drama therapy program and graduate studies in theatre, said she made it her mission to get Murphy to K-State after meeting her at the International Storytelling Festival in

Singapore last fall. "The idea was that she would bring some diversity to the whole week and talk about commonalities that people from different areas have," Bailey said. "We felt that that really fit with the theme of Common Threads."

Sarah Tomek, graduate student in drama therapy, said she felt storytelling is a skill that is often overlooked by many people.

"I think storytelling's a really useful skill that I don't think people consider very often," Tomek said, noting that she can use storytelling in her own profession. "I think that a

lot of people think that it's something for children, but I was absolutely entertained this evening."

Emily Cruse, graduate student in English, said that hearing the tales from a live storyteller gave them an added element.

"I really loved it. It's not something I've experienced a lot, because most of the time when I encounter a story it's in book form, so it's nice having that vocal narrative to go along with it and then to hear the different voices and where the emphasis is put," Cruse said. "It makes it a more encompassing experience."

K-State not liable for student injuries on campus, officials say

Haley Rose
staff writer

Over the years, many K-State students may have encountered urban legends that are decades old. One of the popular beliefs is that if a student is hit by a K-State vehicle, they are given full scholarship assistance from the university.

Despite prevailing fresh-

man rumors and upperclassmen insisting that they are true, students are not, in fact, given scholarships if they are injured on campus.

In fact, K-State is not liable for any injury that occurs on the grounds, as it is a public, state-funded institution.

through the car insurance, not K-State.

However, just because the university is not liable does not mean that they won't lend a hand if student is hurt by virtue of a campus fault.

"We want to make sure the students are taken care of if they get hurt," said Heather Reed, associate dean in the Office of Student Life. "But we are not le-

gally required to do so."

If, for instance, a student trips on a piece of badly cracked sidewalk and hurts their ankle - something that has actually happened in recent years - the Division of Facilities on campus will assess whether or not the disrepair of the sidewalk was to blame for the mishap.

If they deem it to have been unsafe, the university will most

likely pick up the medical bills that result from the incident.

However, this unofficial policy has only been enacted once or twice in the last four years or so, said both Reed and Ed Heptig, director of facilities maintenance.

"Keeping students safe is a definite priority," Heptig said.

LIABILITIES | pg. 8

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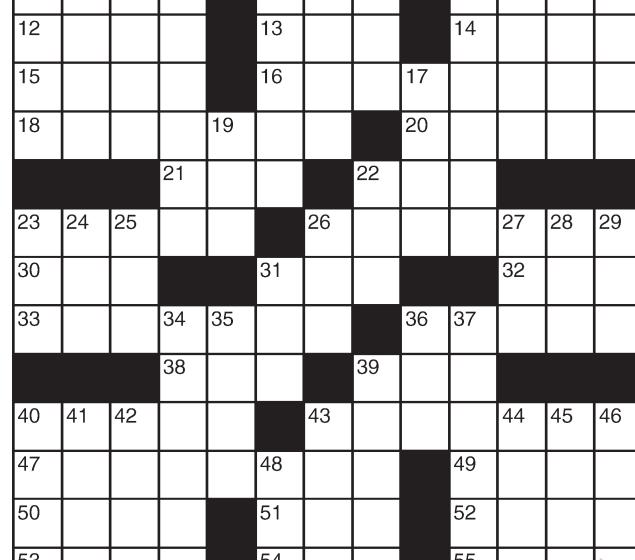
DOWN

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- Pumps up the volume
- Schnozz
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- Stick with a kick
- Drunkards
- Grow

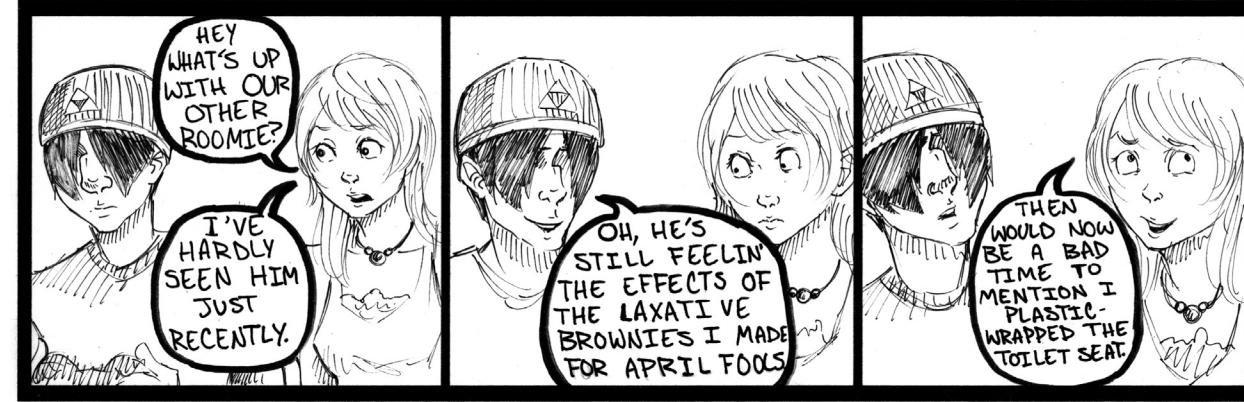
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Yesterday's answer 4-3



Logan's Run | By Erin Logan



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CORRECTIONS

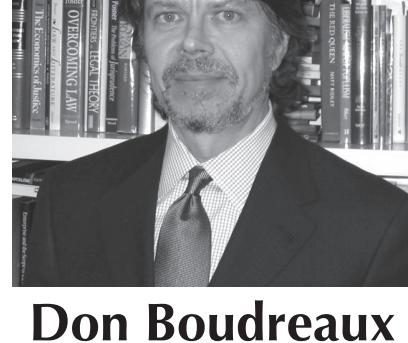
If you see something that should be corrected or clarified, please call our managing editor Kelsey Castanon at 785-532-6556, or email her at news@kstatecollegian.com

kansas state collegian

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THE BLOTER

ARREST REPORTS

damage to property. Bond was set at \$1,000.

MONDAY

Joshua Jeb Fincham, of Waterville, Kan., was booked for driving under the influence. Bond was set at \$1,500.

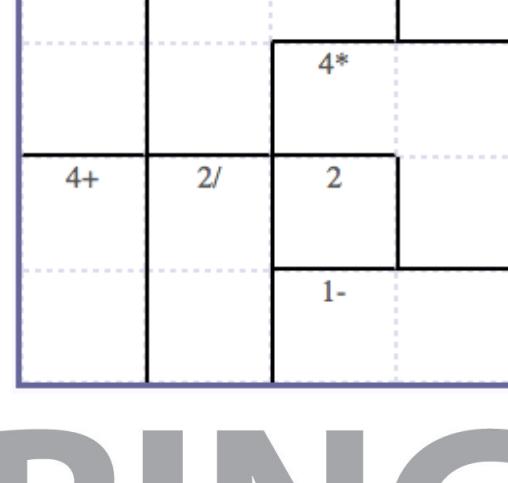
Christopher Stephen Selby, of Midwest City, Okla., was booked for probation violation and failure to appear. Bond was set at \$500.

Louis Darwin Tilley, of the 3200 block of Claflin Road, was booked for domestic battery, criminal restraint and criminal

Compiled by Sarah Rajewski.

KenKen | Medium

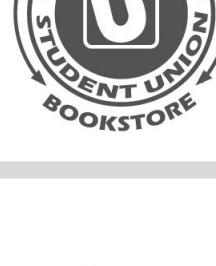
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Eating enough fruits, vegetables can bolster health

Average college student eats roughly one-fifth of suggested daily intake of nutrients

Kelly McHugh
sports editor

This article is the second part of a two piece series.

Grabbing breakfast in the morning could be a key factor to daily success, regardless of your area of specialty.

While the primary studies on nutrition and student success in the classroom are focused on the younger generation of school-aged children, paralleling research has been conducted about college students and nutrition.

The U.S. Department of Agriculture suggests people should consume five servings of fruits and vegetables per day. College students, however, were recording well below the suggested servings, said Sara Rosenkranz, assistant professor of human nutrition.

"I read a study recently that said the average college student will get one serving of fruits and vegetables a day, or five servings per week," Rosenkranz said, referencing a study published by the Oregon State University College of Public Health and Human Sciences on Aug. 17, 2011.

The study compared the food intake of both male and female students and found that neither was eating a healthy amount of fruits and vegetables in their day-to-day lives.

While nutritional problems brought on by unhealthy eating habits might not show up in students' lives until later years, keeping healthy today can help prevent future chronic illnesses such as certain cancers, heart disease, diabetes and obesity.



Evert Nelson | Collegian

Oatmeal, along with fruit and juice, makes an excellent breakfast as well as a great way to start the morning. Though nutritionists recommend consuming five servings of fruits and vegetables per day, many college students only eat one serving daily.

Brian Lindshield, assistant professor of human nutrition, said he planned on becoming a biochemist or working in the pharmacy industry, but he realized there was a better way to prevent disease than taking pills — having proper nutrition.

"If you're eating a really poor diet, like a lot of college students do, taking the vitamins and mineral supplements will prevent you from developing a vitamin or mineral deficiency," Lindshield said. "But the research basically is showing that it doesn't give you the benefits of preventing chronic diseases like it would if you ate the food

that contains those vitamins and minerals."

Lindshield specializes in studying foods that could possibly reduce the risk of prostate cancer in men. He said some of the vitamins created just cannot replicate the compounds found in eating certain foods.

Rosenkranz also said while vitamins might not be bad for people, they just do not contain the same health benefits as eating a healthy diet.

"It's not going to be the cure-all, it's not going to be the answer to all your woes," Rosenkranz said of vitamins.

"Part of that is because we don't know all of the food constituents, all of the vitamins, all of the flavonoids, all of the vital nutrients that are present in our foods that, just because you're taking a supplement, it's not going to have all those compounds that can potentially be beneficial to health."

While many college students focus on the here-and-now and what is easiest for their day-to-day life, skipping out on nutrition today can impact their future health while also hindering their performance today.

"It's generally the boring stuff that nobody wants to hear; you know, a well-balanced diet, having manageable portions sizes, drink plenty of water,

those sorts of things," Lindshield said. "The types of things that aren't real exciting to hear but generally are correct for you to follow."

While parents have control over their children's diets growing up, once on their own, college students are often no longer told what to eat and when.

"You kind of get to that 20 to 40 age group, and they're sort of forgotten about," Rosenkranz said. "Because until they start to develop real problems, which doesn't happen until further down the track, people just sort of assume everything is fine."

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Darrington Clark @jxdxp03 2h
I know nothing about sports.
Literally. Is Bruce Weber going to be a good fit for K-State?
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Nathan @HappyBroseph 14h
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Jessica Gnoza @jgnoza 2d
I've successfully broken two pairs of sandals today. One of which I wasn't wearing.. Riddle me that! #theforum

Matty @HeyMyatt 2d
Welcome Bruce Weber, no pressure or anything but we do already have a building named after you #theforum

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LIABILITIES | Facilities checks campus safety

Continued from page 1

"Not only the students, but the faculty and workers on campus too."

Heptig said facilities goes around campus constantly, checking for things that need to be repaired such as faulty handrails or staircases.

"We don't catch everything though, and sometimes when someone gets injured is the first we hear of something that needs to be fixed, and then we take care of it as soon as possible," he said.

A large obstacle in the facilities division's ability to take care of everything that needs to be repaired or replaced is a glaring, university-wide maintenance backlog, which roughly amounts to \$307 million.

The backlog is the result of old buildings getting older and needing more repairs as the years stretch on, while funding for the

repairs cannot catch up, Heptig said.

The same no-liability scenario applies to incidents that occur within student housing as well, said Skyler Harper, assistant director in the department of housing and dining services. The unofficial policy of assisting students if they get injured is also consistent within student housing.

"We pretty much follow the university policy on that one," Harper said.

If a student contends that it was the state of the university that caused an injury and decides to take legal action, the student would have to file an injury grievance against the state of Kansas, and the case would be handled by state attorneys.

"It's not a good thing when someone gets injured on the campus," Heptig said. "We try to make sure everything is fixed up on a regular basis."



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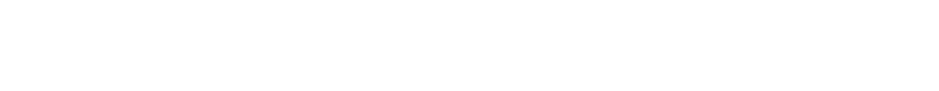
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Cutting candy bar calories won't make snacking any healthier



Amy Himmelberg

A Feb. 15 Reuters article by James B. Kelleher reported that Mars Inc. will stop selling chocolate and candy products with more than 250 calories as part of a "broad-based commitment to health and nutrition." Their goal is part of an ongoing effort to improve the nutritional value of their products and to sell them in a responsible way.

Mars is following in the footsteps of many other food and beverage companies that are making facts like calorie content easier to spot on packaging, in case it's too much trouble for someone to turn a candy bar over to read the nutrition facts. Before we praise Mars and other companies for taking these steps toward making consumers healthier, it's important to consider a few things.

First and foremost, Mars is

a company and above all else is concerned with selling candy and making money. People will continue eating chocolate no matter the nutritional toll because it's delicious, it helps us celebrate special occasions and feel comforted after a long day. This portion and calorie control is nothing more than a marketing ploy to sell more product by making people feel less guilty about eating chocolate and claiming to strive for healthier snacking to earn people's trust.

On the other hand, my mentality, which I'm sure others share, is that I'm an adult and if I want a huge bar of chocolate loaded with calories, I'm going to have it. Buying a king-size bar would save me money over buying several small bars, so this marketing ploy just means more profit in the long run for the company. I'm not griping on chocolate by any means; I'm griping on Mars' ludicrous claims that they are making a move toward healthier snacking.

A few substantial things have gone awry in this marketing ploy that need to be addressed. I think we're headed in the right direction toward a healthier America by controlling portion sizes, but Mars has missed their mark by claiming

that they are promoting any kind of responsible snacking. Reducing calorie content does not magically make something healthy or nutritious.

The debate on whether or not cocoa is really beneficial for our bodies is irrelevant in this case. After all, not all calories are created equal. Eating 250 calories of vegetables rich with vitamins and minerals that your body can use for fuel will not have the same effect on your body as 250 empty calories of a Twix bar. This is similar to sodas that boast they contain all-natural ingredients, when in reality you are gulping large amounts of sugar.

Mars also has not addressed factors that most experts agree play a big role in weight gain, like the total number of fat grams in each product or the amount of sugar and sodium. Smart snacking means putting food into our bodies that can be used for fuel, and though chocolate may make a bad day seem brighter, no one indulges in it with the idea that they are doing



their body a favor. Countless other products come packaged in quantities that exceed a single serving size. No one spends their time worrying that if we leave cartons of eggs in dozens, someone will sit down on one occasion and eat them all. Why should chocolate be any different? It's not realistic to believe that candy companies can fix our obesity problem by simply implementing portion control because the problem is more deeply rooted than the serving size of a piece of chocolate.

Right now, a regular-size Snickers bar has 280 calories, which exceeds the new 250-calorie limit, meaning they will

illustration by Yosuke Michishita

MARS | pg. 6

UK Starbucks to add extra shot of espresso, increase not an issue



Taylor Wallace

Editor's Note: This article was completed as an assignment for a class in the A.Q. Miller School of Journalism and Mass Communications.

Many college students use caffeine to kick-start their mornings. How much is too much caffeine, though?

Starbucks is planning to increase the strength of its coffee throughout Britain, according to a March 2 Telegraph article by Andrew Hough. This is part of a multimillion-pound ex-

pansion and renovation of the current European operations.

The reason for this change in their original coffee recipe is a recent increase in the number of customers who ask for extra caffeine shots in their beverages. The company's research showed that there was a 60 percent increase in customers who wanted extra caffeine in their lattes, which are the most popular drink. Overall, this comes to about 200,000 extra shots a week.

Customers will now receive two shots of espresso in their lattes, cappuccinos and various other coffee drinks. The original recipe only has one shot.

Many British customers were disappointed by the weakness in Starbucks drinks in comparison with other coffee brands such as Costa. Starbucks executives



illustration by Erin Logan

believe that British customers prefer a stronger coffee.

"Customers are becoming more experienced, more sophisticated and many more are looking for a stronger taste. This is a big move and a big investment," said Kris Engskov, Starbucks managing director in the U.K. and Ireland, according to the Telegraph article.

This new espresso rule will only be implemented in the 743 Starbucks in the United Kingdom. All 10,000 baristas that are employed by Starbucks in the U.K. will receive training to ensure that the milk in the new recipe will be more "velvety."

The double-shot espresso plan was put into action at the end of March. The prices

will not increase even though customers are getting extra shots and customers are still able to opt out of the new plan and only have one shot if they prefer.

Health experts are concerned by this recent spike in extra caffeine shots and that Britons are becoming too tolerant of normal servings of caffeine.

It seems there are two different sides to this. There are those who have continually been asking for extra caffeine shots in their coffee, and their prayers have been answered as Starbucks makes the move to double their shots. However, there are also health concerns behind why people are asking for more caffeine.

Drinking more than four cups of a caffeinated beverage a day can lead to an increase in heart problems, according to

a Dec. 3, 2004, MSNBC article by Karen Collins. Even less caffeine than that can cause issues. According to the article, "two six-ounce cups of coffee a day may increase blood test values that measure inflammation."

Caffeine has also shown to increase the loss of calcium, increasing the risk of osteoporosis.

The MSNBC article notes that women who drank about 18 ounces of regular coffee per day showed greater bone loss over three years than women that did not.

A large majority of people drink coffee for energy. Many studies show that 100 to 200 milligrams of caffeine, or one to two cups of regular coffee, can achieve an increase in energy, according to the

COFFEE | pg. 6

Student Publications Inc. Congratulations



Caroline Sweeney

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Mark Kern

Junior, Journalism

For winning 1st Place in Breaking News in The Society of Professional Journalists' Mark of Excellence Awards for Region 7

Their article, "Prospective K-State Student Comes Forward in Syracuse Abuse Scandal," was published in the Collegian on December 1, 2011, and will be entered in the Society's national competition.

Congratulations To Karen Ingram

Senior, English

For winning 3rd Place in General News in The Society of Professional Journalists' Mark of Excellence Awards for Region 7

Her article, "Aggieville Invaded by Staggering Zombies," was published in the Collegian on October 3, 2011.

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Father Eric Hollas, St. John's University

3-4:30 p.m., Tuesday, April 3

Hemisphere Room, Hale Library, Kansas State University

Calligraphy workshop

6:30 p.m., Thursday, April 12

Marianna Kistler Beach Museum of Art, Kansas State University

\$10 per person. Reservations are required. Call 785-532-7718.

EXPLORING CULTURAL MUSIC

The mystical music of the Middle East

Yuval Ron Ensemble

7:30 p.m., Thursday, April 5

McCain Auditorium, Manhattan Christian College

Yuval Ron Ensemble in residence

Christian Music of the Holy Land

10:30 a.m. - 12 p.m., Wednesday, April 4

Wilson Worship Center, Manhattan Christian College

Hebrew Music of Biblical Times

5:30 - 7 p.m., Wednesday, April 4

Manhattan Arts Center

Sacred Muslim Music and Movement

11 a.m. - 12:30 p.m., Thursday, April 5

Community Room, Meadowlark Hills

All events, except the calligraphy workshop, are free and open to the public.

For more information, visit www.lib.k-state.edu/illuminate.

tuesday, april 3, 2012

kansas state collegian

Questioning change



Logan M. Jones | Collegian

K-State basketball player **Will Spradling** is questioned by the media after **Bruce Weber** was introduced as the new men's head basketball coach. Weber is replacing **Frank Martin** who recently resigned from K-State to take the head coaching position at the University of South Carolina.

BASEBALL

Nebraska, K-State to finish series

The Cornhuskers have won their past two games against the Cats in Lincoln, Neb.

Spencer Low
staff writer

K-State (14-14, 3-6 Big 12 Conference) will play its third and final regular season game tonight against Nebraska (19-11, 3-3 Big Ten Conference) in Manhattan. First pitch is scheduled for 6:30.

Nebraska has won both matchups, which took place in Lincoln, this season — a 9-6 victory on March 6 and a 6-3 win on March 27. The Wildcats have not been swept yet this year by any team and look to continue that trend tonight.

Nebraska lost its last two games over the weekend after winning Friday at Northwestern, the team's first series loss in the Big Ten. Their win Friday set them up for a good

weekend, but six errors on Saturday and a complete game by Northwestern's starter on Sunday proved too much to overcome for the Huskers.

The Cornhuskers are hitting .320 as a team on offense this season, led by junior outfielder Chad Christensen, who is hitting .358 with six home runs and 34 RBIs this year, including 3-for-7 at-bats and 3 RBIs against K-State. Sophomore outfielder Michael Pritchard is also having a great season for Nebraska, sporting a .404 batting average with seven doubles and 10 RBIs this season. Shortstop Pat Kelly has had a great start to his freshman year, hitting .418 with four homers and a .727 slugging percentage in limited action this season.

The Wildcats are coming off a 1-2 weekend in Norman, Okla., against the Sooners and will fall below .500 for the first time since the beginning of March if they slip up to Nebraska. K-State was in position to take the series with a

one-run lead on Sunday, but some heroics from the Sooners resulted in a two-run ninth inning and a walk-off RBI single to take the game and the series.

K-State ranks fourth in the Big 12 in batting average, with a .297 mark as a team this season. Four of the top nine highest batting averages in the Big 12 belong to Wildcat hitters; sophomore outfielder Jared King is second at .394, and senior infielder Wade Hinkle at .354, junior infielder Tanner Witt at .353 and senior infielder Matt Giller at .347 rank seventh through ninth, respectively. The Wildcats are also first in the Big 12 in team fielding percentage at .980 with the fewest errors, 21, in the conference.

Tonight's game will be broadcast on K-StateHD.TV starting with a 6 p.m. pregame, subscription required. It will also be broadcast on KMAM-AM 1350 in the area and aired online at k-statesports.com or 1350kmam.com.

TRACK AND FIELD

Wildcats finish strong at three meets across United States

K-State athletes continue their success, have several areas to build upon

Adam Suderman
staff writer

The K-State track and field team have enjoyed consistent performances and progression this season, and the story wasn't any different this weekend, when the team split up to compete at three different meets across the nation.

ESU Open
The large majority of the team competed at Emporia State University on Saturday for the ESU Open.

With 11 first-place finishes in several different events in Emporia, no individual took the spotlight.

The short sprints were strong for the Wildcats, who swept the 100-meter dash. They also came away with a win in the women's 200-meter dash and a second-place finish on the men's side.

Martynas Jurgilas, senior, blew away the field in the men's 100-meter dash with a time of 10.43, almost four-tenths of a second ahead of second place.

Senior Kim Haberman

won the women's side of the 100 meters with a time of 12.17. The senior also claimed the title in the women's long jump with a leap of 19-2.

Freshman Sophia Alonso continues to impress in her first collegiate season, winning the women's 200 meters with a time of 24.62.

In the field events, Tommy Brady added to his successful freshman campaign with a victory in the men's pole vault. Brady cleared 15-7 to come away with the title.

Senior Tomaz Bogovic won his second consecutive title of the outdoor season in the hammer throw with a toss of 199-01.

Jim Click Combined Events

On Thursday and Friday, members of the women's team competed in the heptathlon at the Jim Click Combined Events in Tucson, Ariz.

All seven athletes placed in the top 20, and four of them took places in the top 12 in school history.

With her fourth-place finish, senior Ryann Krais placed higher than any other collegiate athlete in the field. Only three unattached athletes placed higher than Krais, who finished with a team-high 5,694 points.

Also finishing in the top 10 were senior Mairead Murphy

and junior Richelle Farley. Murphy came in at sixth with 5,315 points and the fifth best total in school history. Farley contributed 5,077 points and the eighth best point total in school history at 10th place.

Texas Relays

Several sprinters and jumpers traveled to Austin, Texas, on Friday and Saturday to compete in the Texas Relays. The high jump duo of junior Erik Kynard and freshman Alyx Treasure highlighted the trip to Austin.

Both athletes came away with very strong performances as Kynard won the men's high jump with a mark of 7-3 and Treasure finished second at 6-0 1/2.

Treasure placed second only behind Amy Acuff, a four-time Olympian.

Sophomore Carlos Rodriguez finished 14th in the men's 100-meter dash with a time of 10.51. Rodriguez just missed qualifying for the finals but will look to build upon another positive performance.

The Wildcats will hit the track again this weekend as they split up and travel both to the Sun Angel Invitational in Tempe, Ariz., on April 6-7, and the ESU Relays in Emporia, Kan., on April 7 and the ESU Relays in Emporia, Kan., on April 7.

Reiter's opinion of K-State wrong



Kelly McHugh

In an April 2 Fox Sports article, Bill Reiter claims that Manhattan is "one of the least desirable college towns in America."

The article concerns K-State basketball, throwing low blows at Athletics Director John Currie and talking about former head coach Frank Martin's departure to South Carolina. However, Reiter's remarks on new head coach Bruce Weber's ability to recruit players to a small college town in central Kansas makes the university as a whole sound

like an undesirable place to be.

Maybe Weber does not have the best recruiting track record, but calling K-State an "undesirable" university is unnecessary.

Reiter spent four years as a sports enterprise reporter for The Kansas City Star, so he should have good knowledge of K-State sports.

Athletically, K-State is not undesirable as an NCAA Division I school. The K-State athletics department values family, and student athletes tend to have very positive things to say about their time spent in Manhattan and about K-State's athletic coaching staff, which is made up of a handful of all-star coaches like women's basketball's Deb Patterson, football's Bill Snyder and track and field's Cliff Rovello.

Additionally, this year,

K-State was one of only five schools nationally to send both its men's and women's basketball teams to back-to-back NCAA tournaments and its football team to back-to-back bowl games.

While Reiter thinks the hire is unfathomable, other college basketball analysts, such as ESPN's Jay Bilas and Andy Katz, think otherwise.

"I think this is a great hire," Bilas said Saturday on ESPN. "Bruce Weber is an outstanding basketball coach, and I think he will do a really nice job at K-State."

Reiter got plenty of negative feedback from K-State fans on Twitter. He responded, "@foxsportsreiter Pretend if you must Currie is an AD prodigy & MHK is a collegiate paradise."

Additionally, this year,

REITER | pg. 6



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Adam Suderman
staff writer

Kansas vs. Kentucky

NCAA National Championship
April 2 (New Orleans)
Superdome

Game information

The game was a rematch of coaches from the 2008 NCAA National Championship. Kentucky coach John Calipari took the Wildcats job following Memphis' loss to Kansas.

Anthony Davis broke the NCAA freshman block record in the game with his 183 block of the season. Hassan Whiteside of Marshall previously held the mark with 182 blocks in 2010.

Kansas junior forward

Jeff Withey broke the NCAA tournament block mark with recording his 31st block of the tournament.

The Wildcats took firm control of the game after Kansas brought the game to a 7-7 tie with 16:24 left in the first half.

Kentucky built its lead to as many as 16, maintaining a lead of at least four points for the rest of the first half. Although Davis did not enter the scoring column, the freshman recorded nine blocks, five steals and four assists in the first half.

Kansas was able to bring the game within 10 points roughly midway through the second half, but the shooting of Doron Lamb and Michael Kidd-Gilchrist proved to be too much.

Tyshawn Taylor knocked in his first 3-point field goal

of the tournament after previously going 0-20 leading into the championship game.

The matchup of Withey and Davis proved to play into Kentucky's benefit as Davis held Withey to 2-8 shooting and five points total.

Kentucky ended up turning the ball over three more times than the Jayhawks but the strong first half performance proved to be too much for Kansas to overcome.

The duo of Taylor and Thomas Robinson has taken Kansas to many unexpected points this season but it couldn't defeat the talent of the Wildcats.

Taylor and Robinson combined for 37 points. Robinson also brought down 17 rebounds.

MARS | Health should be parents concern

Continued from page 4

no longer be sold.

Like my parents, I can fondly remember going to the snack bar at my community pool and ordering a frozen Snickers. I fully intend someday to allow my own children to enjoy a candy bar the same way I did on occasion. Eating a king-size candy bar never made anyone fat, eating one every day and never making an effort to exercise did. The world needs chocolate, and normal eating does include an occasional treat and even the occasional sugar-induced stomach ache.

In 2007, Mars Inc. said it would

stop buying advertising time or space if more than a quarter of the audience was likely to be under 12 years old, according to Kelleher's article. I would argue, however, that it's a parent's job to teach their child about good nutrition and help them manage appropriate portion control.

A child's sole source of information about the food they eat should be a trusted adult, not a television commercial. If anything, a king-size candy bar is a good tool for practicing self-control and dealing with temptation. The world does not pre-portion everything for our convenience. We go to a restaurant and have enough food to last us several

other meals. It is possible to stop when you're full and ask for a box, just as it's possible to eat half a king-size bar and save the rest for later or perhaps eat it all now and get back to healthier eating the next day.

Remember, it's your responsibility to determine what is best for your body. And my recommendation for Mars? Please continue making and selling chocolate that we all know and love, but please quit claiming you are concerned with healthy snacking.

Amy Himmelberg is a sophomore in mass communications. Please send all comments to opinion@kstatecollegian.com.

COFFEE | Espresso could be problematic

Continued from page 1

MSNBC article. If people consume more than that, it could lead to nausea, headaches, sleep difficulties, increased anxiety and in extreme cases, heart palpitations.

Given this information, I can see how some would believe that Starbucks increase in caffeine shots is problematic. However, until future research comes along, it is safest just to stick to moderate caffeine intake and not to limit coffee consumption severely for these reasons.

If coffee or caffeinated beverages

are giving you anxiety, headaches or any of the other symptoms, then it is probably time to kick the caffeine habit and look for something a little healthier.

I have a clear understanding of what Starbucks is doing by adding an extra shot of caffeine to some of their drinks. Given the statistics of the increase interest of customers wanting extra shots and the number of extra shots on average Starbucks was giving out each week, the company was just responding to what they saw as a want and need of their customers.

Starbucks continually receives business by giving their customers

what they ask for.

According to Engskov in the Telegraph article, "the U.K. is the most competitive coffee market" and if Starbucks wanted to stay on top, they needed to increase the strength of their coffee to compare with other coffee rivals.

I do not see the increase in caffeine as a big issue. However, if in a few more years, Starbucks decides to increase the number of shots in their coffee again, that is where there may be a problem.

Taylor Wallace is a junior in public relations. Please send all comment to opinion@kstatecollegian.com.

REITER | Belittling article lacks fairness

Continued from page 5

Fact is he should be fired & MHK isn't exactly a recruiting boom."

Junior forward Jordan Henriquez and junior guard Martavious Irving said last Saturday that they were fine with Currie's decision to hire Weber, and that while some may have negative things to say, calling them an underdog team because of the new hire just gives them a push of confidence.

"You know if people want to target us as an underdog team, we've been targeted as that before," Henriquez said. "We'll just go out and play K-State basketball and that's what we're about."

Reiter concluded his article with, "I get it. It's the Final Four. Most of you couldn't care less

about Kansas State's problems (though fans of other Big 12 schools should be rejoicing). You may not care today about the long-term shambles John Currie just put Kansas State's basketball program into. But in a year or two, if he's suddenly the athletic director at whatever school you root for, you may look back and realize this was the weekend Kansas State's troubles soon led to your own."

Regardless of Reiter's opinions of Currie, going outside the sphere of college hoops to belittle K-State and Manhattan is unfair. The negativity that this article heaps on K-State is a shame, as Manhattan and K-State are anything but undesirable.

Kelly McHugh is a junior in journalism and mass communications. Please send all comment to sports@kstatecollegian.com.

Snow White legend varies, stands alone

"Mirror Mirror"



Movie review by Erin Roberts, Oklahoma Daily, U. Oklahoma via UWIRE

Most children grow up watching animated Disney movies, no matter what generation they were born into.

They're classics, and to deprive a child of them is just a downright crime. For this reason, I don't know a person alive who doesn't know the story of Disney's first animated feature film "Snow White and the Seven Dwarfs."

Snow White is abandoned in the woods when the queen's henchman doesn't have the heart to kill her (nor does he have the stomach to cut out hers), she runs into seven very short men with incredibly descriptive names, she and some forest animals clean the house while the men are whistling at work, the queen feeds her an apple, she "dies," but otherwise aloof prince shows up and kisses her, she wakes up, happily ever after.

Pretty basic fairy tale stuff, not easily retold in a way that makes it any different. So when I took my seat in the theater to see "Mirror Mirror" this weekend, I knew they were going to have to come up with something original. And boy, did they.

"Mirror Mirror" doesn't require much of a recap since everyone already knows the basic premise and set of characters, but I'll go over a few of the differences.

An evil queen controls a kingdom, which in this case Snow White is the rightful princess of, and in this version, the queen is taxing the people to death. With the help of seven dwarves and a delightfully attractive prince, Snow White seeks to take back her kingdom and defeat the queen's magical beast that haunts the forest.

The film has a star-studded cast, including Lily Collins ("The Blind Side"), Julia Roberts ("Erin Brockovich"), Armie Hammer ("The Social Network") and Nathan Lane ("The Producers").

Since I was a young girl, movies have become more and more disenchanted with the idea of the prince saving the day.

So it comes as no surprise, then, that this re-working of the Snow White tale focuses less on the ivory-skinned beauty's housekeeping skills and more on her sword fighting and advocacy. What this amounts to is a film that really looks nothing like the Grimm brothers classic.

Rather, it should be considered and critiqued as an original story in itself. While there are still some familiar elements like the talking mirror and the seven dwarves, the similarities basically stop there.

The infamous apple doesn't even make an appearance until the last five minutes, and even then it is dismissed almost immediately.

"Mirror Mirror" goes in a completely different direction with a story about a courageous young princess who is both an interesting and entertaining adventure. While it does move a little slow in places, the script is well-written and includes more than a few laughs.

The most notable performance in this film is by Roberts as the evil queen. She commands the screen as the controlling but still humorous monarch and is supported by her hilarious servant Brighton (Lane).

Collins graces the screen with her beauty, and though she doesn't get many opportunities to showcase any real dramatic chops, she is impressive in the film's many sword-fighting scenes.

The most surprising performance comes from Armie Hammer, whom I have only seen in highly dramatic roles up to this point. Here, Hammer has the opportunity to show off his comedy skills, which he seems to have a great deal of. Many of his jokes work incredibly well due to his impressive skill in physical comedy.

The only performances that were relatively disappointing were by a few of the dwarves, who, try as they might, just couldn't deliver the quirky and silly lines

given to them in the script in a way that would guarantee a laugh.

Too many times the jokes delivered by dwarves were met with silence in the theater, and their performances were greatly overpowered by those of Roberts, Lane and Hammer.

While this film would be nothing without its original script and strong performances, what I found most impressive were its stunning visuals.

The costumes, sets and computer animation all contributed to a beautiful picture that includes many frames that, frankly, I would like to blow up and hang on my wall as art.

What this film does best, though it does other things well, is undoubtedly creating a beautifully styled magical world fit for the legend of "Snow White."

In the end, I admit I was surprised by this film. I could see from the previews it wouldn't be exactly the Snow White legend I knew, but the script was so original that I began to think of it as a new independent story that is strong on its own. I'd recommend this film to anyone who loves the Snow White classic.

The pretty dresses and the love story will keep the girls happy, the sword fighting and physical gags will be appreciated by the boys, and anyone can be entertained by the strong acting and gorgeous pictures presented.

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May 14–June 1 and July 30–August 17

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- Constructing Motherhood
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- Environmental Leadership
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- Pre and Post Disaster
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- Field Botany
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- Gender in American Film
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- History of American Conservation and National Parks
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Introduction to CrossFit

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Racial and Ethnic Profiling in America

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Health can benefit from daydreaming during easy tasks

Alexis Gordon
The Daily Free Press, Boston
U. via UWIRE

Daydreaming while doing simple tasks, such as planning a doctor's appointment or tomorrow's outfit on the way to class, may be an indicator of a better working memory, according to a recent study in "Psychological Science."

The study showed that while doing low-load tasks that do not take up a person's full attention, people who daydream or think about other things while doing the task had a higher working memory capacity - memory that holds temporary information - than those whose minds did not drift off to other things.

Jonathan Smallwood from the Max Planck Institute for Human Cognitive and Brain Science, one of the study's researchers, said in a University of Wisconsin-Madison News article that while the brain is in idle, it tends to think about pressing matters.

"What this study seems to suggest is that when circumstances for the task aren't very difficult, people who have additional working memory resources deploy them to think about things other than what they're doing," Smallwood said. "Their brains are trying to allocate resources to the most pressing problems."

To conduct the experiment, researchers asked volunteers to perform one of two simple tasks. They pressed a button in response to the appearance of a certain letter on a screen or tapped a button in time with their breathing.

While doing these tasks, the researchers periodically asked the volunteers if they were fully focused on what they were doing or if their minds were wandering to other things.

To measure the participants' working memory capacity, the researchers asked the volunteers to recall letters that they were asked to

memorize before the tests and complete a series of easy math problems.

"We intentionally use tasks that will never use all of their attention," Smallwood said, "and then we ask, 'How do people use their idle resources?'"

Researchers found that individuals with higher working memory resources reported more task-unrelated thoughts. When they gave the volunteers a task but filled them with sensory distractors, their mind's ability to wander completely turned off.

"Giving your full attention to your perceptual experience actually equalized people, as though it cut off mind wandering at the pass," said Daniel Levinson, one of the study's researchers, in the article.

"We intentionally use tasks that will never use all of their attention, and then we ask, 'How do people use their idle resources?'"

Jonathan Smallwood
Max Planck Institute for
Human Cognitive and
Brain Science

Michael Hasselmo, Boston University psychology professor, said the study seemed valid but not strong because of how difficult it is to collect that type of data.

"Just looking at their data it seems that they had effects that were significant but not really strong because there was a broad level of data intuitive level," Hasselmo said. "We hear stories about people like Einstein daydreaming in class, and maybe high IQ is related to this. But this is just anecdotal; no one has really looked into this specific case."

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MARCH | Event mourns death, celebrates life



Abbey Briscoe | Collegian

Students from Beta Sigma Chi organize a peaceful march on campus for Trayvon Martin Monday evening. They sang "We Shall Overcome" starting at West Hall and ending at Bosco Plaza where a celebration rally was held to honor Martin. Student **Phillipia Thomas**, a Junior in Mass Communications came to the event to support and help raise awareness. "The same problem is always happening to people."

Continued from page 1

seek resolution and to come together in peace throughout the tragedy.

"We not only want to mourn his death, but we want to celebrate his life," Theodis said. "I not only want to see justice done, I want to see healing."

The march attracted students, community leaders and Manhattan residents alike, with Pat Bosco, vice president for student life and dean of students, making an appearance and even picking up a few campus wanderers as they marched.

"We're here supporting Trayvon and the Beta Sigma Chi girls," said Yasche Glass, Manhattan resident.

Caysha said she was grateful for the support and the turnout and encouraged everyone to keep spreading their message of unity and peace.

"We just want to thank everyone for coming out," she said. "It's all about coming together."

Abbey Briscoe | Collegian

A rally for **Trayvon Martin** hosted by Beta Sigma Chi Christian sorority awaited students at the end of the march on Monday at Bosco Student Plaza. Mayor **Jim Sherow** attended the event to speak about the many inequalities that we still face today.



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